

(These items were developed by teachers for the Technical Skills Assessment. Below is a sample item for each program standard.)

Question 1 of 11

Which plexus is formed by nerves exiting at C5-T1?

- A) Brachial
- B) Cervical
- C) Coccygeal
- D) Lumbosacral

Question 2 of 11

Under which condition is a massage ABSOLUTELY contraindicated?

- A) Bursitis
- B) Dermatitis
- C) Warts
- D) Toxemia

Question 3 of 11

What is the BEST way to file client records?

- A) By date
- B) Alphabetically
- C) By treatment
- D) Numerically

Question 4 of 11

What does A.E.D. represent in first aid?

- A) Applied Electrode Defibrillator
- B) Automatic Electrotherapy Device
- C) Automated External Defibrillator
- D) Automated Electronic Device

Question 5 of 11

What action should the therapist take if he/she notices bruising and suspects abuse?

- A) Contact Adult Protective Services
- B) Call the police
- C) Do nothing
- D) Report to caregiver

Question 6 of 11

Always maintaining physical contact with the client has what effect on the client?

- A) Agitates
- B) Comforts
- C) Overwhelms
- D) Stimulates

Question 7 of 11

What is NOT a contraindication for the application of cold therapy?

- A) Cold intolerance
- B) Swelling
- C) Skin lesions
- D) Poor circulation

Question 8 of 11

What is the "C" in the acronym R.I.C.E.?

- A) Care
- B) Compression
- C) Cold
- D) Comfort

Question 9 of 11

What layer of connective tissue surrounds an entire muscle?

- A) Endomysium
- B) Perimysium
- C) Periosteum
- D) Epimysium

Question 10 of 11

What position best describes the client during a polarity session?

- A) Supine
- B) Side-laying
- C) Semi-reclining
- D) Prone

Question 11 of 11

What are the characteristics of massage for palliative care?

- A) Gentle and very deep
- B) Slow and gentle
- C) Slow and very deep
- D) Quick and firm

Therapeutic Massage Sample Test Answer Key

| Question | Answer |
|-----------------|---------------|
| 1. | A |
| 2. | D |
| 3. | B |
| 4. | C |
| 5. | A |
| 6. | B |
| 7. | B |
| 8. | B |
| 9. | D |
| 10. | A |
| 11. | B |